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#### (54) **BODYREST**

(71) Applicant: **Hypnap LLC**, Waltham, MA (US)

(72) Inventors: Chloe Hill, Waltham, MA (US);

HyukJae Henry Yoo, Leonia, NJ (US); John Lonczak, Newburgh, NY (US)

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Primary Examiner — Timothy J Brindley (74) Attorney, Agent, or Firm — Intrinsic Law Corp.; Stephen P. Cole

#### (57) ABSTRACT

A personal rest system includes a headrest shaped and sized to accept a frontal portion of a user's head. The headrest defines a central opening and substantially surrounds the user's face. The headrest includes at least one padded portion against which the user's head can be rested. A mechanically adjustable support frame is coupled to the headrest at an upper end of the adjustable support frame. The support frame is also coupled to a pivoting member at a lower end of said adjustable support frame. A base section is coupled to the pivoting member. The base section includes an attachment portion shaped and configured to mechanically mount the base section to a surface on which said rest system is placed.

## 7 Claims, 14 Drawing Sheets

